



Millennium Lecture Series

S Y M P O S I U M O N

The Great Nutrition Debate

Sponsored by

USDA



**United States
Department of Agriculture**

Center for Nutrition
Policy and Promotion

Thursday, February 24, 2000

The Jefferson Auditorium
U.S. Department of Agriculture,
South Building
14th Street and Independence Avenue, S.W.
Washington, D.C.



United States Department of Agriculture

Office of the Secretary
Washington, D.C. 20250



February 24, 2000

To Colleagues and Participants:

On behalf of the Department of Agriculture, I am pleased to welcome you to the Millennium Series Symposium on **The Great Nutrition Debate**. We are pleased that you have joined us for what should prove to be an extremely interesting exchange of ideas on diet and nutrition.

This morning, you will hear some of the Nation's best-known authors of weight-loss books and leading nutrition experts. Following their presentations, we have set aside time for a panel discussion along with questions and answers between you and our distinguished guests.

Excluding expenditures on general nutrition education, Americans today are spending an estimated \$50 billion per year on weight-loss regimens. Several of the most popular weight-loss programs recommend a diet fundamentally different from Federal nutrition guidance. Among the questions which will be addressed today, is whether these diets effectively promote weight-loss and long term health.

Given this morning's topic and the panelists, we have every reason to expect this symposium to be one of our most interesting and informative.

Again, thank you for joining us.

A handwritten signature in dark ink, reading "Dan Glickman". The signature is fluid and cursive, with the first name "Dan" being particularly prominent.

DAN GLICKMAN
Secretary

AGENDA

9:00 a.m. – 10:00 a.m.

Registration
(The Registration and Information Desk will be open throughout the morning.)

10:00 a.m. – 1:00 p.m.

Opening Remarks

Shirley Watkins, Under Secretary for Food, Nutrition and Consumer Services

Dan Glickman, Secretary of Agriculture

Introduction of Panel

Carolyn O'Neil, Moderator

Presentations

Dr. Robert C. Atkins
Author of *Dr. Atkins' New Diet Revolution*

Dr. Barry Sears
Author of *The Zone*

Dr. Morrison C. Bethea
A co-author of *Sugar Busters! Cut Sugar to Trim Fat*

Dr. Keith-Thomas Ayoub
Albert Einstein College of Medicine

Dr. Denise C. Bruner
President, American Society of Bariatric Physicians

Dr. John McDougall
Chairman, "Dr. McDougall's Right Foods"

Dr. Dean Ornish
Author of *Eat More, Weigh Less*

Panel Discussion

Carolyn O'Neil, Moderator

Questions and Answers

Carolyn O'Neil, Moderator

Closing Remarks

Dan Glickman, Secretary of Agriculture

CAROLYN O'NEIL—MODERATOR



Carolyn O'Neil is currently the Anchor and Senior Correspondent for CNN Travel Now, the network's weekly program on travel and tourism. Ms. O'Neil founded CNN's coverage of food, nutrition and cuisine and served as the Executive Producer and Senior Correspondent for CNN's award winning "Food and Health" unit. "On the Menu," CNN's week program on food, nutrition and cuisine aired from 1984 to 1998. Ms. O'Neil is a registered dietitian and holds a B.S. cum laude in nutrition and dietetics from Florida State University and an M.A. cum laude in nutrition with a specialization in communications from Boston University.

PANELISTS (in alphabetical order)

ROBERT C. ATKINS



Dr. Atkins, author of *Dr. Atkins' New Diet Revolution*, is founder and medical director of the Atkins Center for Complementary Medicine in New York City. A 1951 graduate of the University of Michigan, he received his medical degree from Cornell University Medical School in 1955, and went on to specialize in cardiology. He has been a practicing physician for 30 years and continues to see patients daily. Dr. Atkins, a modern-day founder of complementary medicine, supports "natural healing arts" as an alternative to pharmaceutical drugs and surgery.

KEITH-THOMAS AYOOB



Dr. Ayoob is director of nutrition sciences at the Rose Kennedy Children's Evaluation and Rehabilitation Center and clinical assistant professor of pediatrics at Albert Einstein College of Medicine in New York. A board-certified pediatric nutritionist, he counsels children and their caregivers on issues, including overweight and underweight, nutritional deficiencies and eating behavior problems. He earned his doctorate in education, master of education and master of science degrees in human nutrition from Columbia University. He earned his bachelor's degree in nutrition science at the University of California at Davis.

MORRISON C. BETHEA



Dr. Bethea, a co-author of *Sugar Busters! Cut Sugar to Trim Fat*, completed his postgraduate training in thoracic and cardiac surgery at Columbia Presbyterian Medical Center in New York. He is a graduate of Davidson College and Tulane University School of Medicine. Currently he practices thoracic, cardiac and vascular surgery in New Orleans. He is author of many publications in the field of cardiovascular disease and is a diplomate of the American Board of Thoracic Surgery.

DENISE BRUNER



Dr. Bruner is President of the American Society of Bariatric Physicians, with a medical practice in Arlington, Virginia. Dr. Bruner received her undergraduate education at the University of Southern California and at George Washington University. She received her doctor of

medicine degree from the Howard University College of Medicine in Washington, DC. She has been in the private practice of bariatric medicine and family medicine since 1981. Recently, she has appeared on several television programs discussing a range of topics including the medical treatment of obesity.

JOHN MCDUGALL



John McDougall, MD, is a board-certified internist, author of 10 national best-selling books, and the medical director of the live-in McDougall Program at St. Helena Hospital in the Napa Valley. He is the Chairman of "Dr. McDougall's Right Foods," has a weekly national television show "McDougall, MD" and a monthly newsletter "To Your Health."

DEAN ORNISH



Dr. Ornish received his medical training at Baylor College of Medicine, Harvard Medical School, and the Massachusetts General Hospital. He is the founder and president of the non-profit Preventive Medicine Research Institute and Clinical Professor of Medicine at the University of California, San Francisco. For the past 25 years, Dr. Ornish has directed clinical research demonstrating for the first time that comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery. He has published in many peer-reviewed journals. He is the author of five best-selling books including *Eat More, Weigh Less*.

BARRY SEARS



Dr. Sears, author of *The Zone* and president of Sears Laboratories, has a P.h.D. in biochemistry from Indiana University. A former research scientist at the Boston University School of Medicine and the Massachusetts Institute of Technology, Dr. Sears has dedicated his research efforts over the last 25 years to the study of lipids, and in particular over the past 15 years to the development of drug delivery technologies using lipids. He holds 12 U.S. Patents in the areas of intravenous drug delivery systems and hormonal regulation for the treatment of cardiovascular disease.

Symposium Available Via the Internet

This program is being transmitted live via the Internet and is available worldwide. Internet users may see as well as hear today's presentation.

Proceedings

The proceedings of this symposium will be available on the CNPP website in approximately one month. Printed proceedings will be available in approximately 6 months.

CNPP Website

You are invited to visit the Center for Nutrition Policy and Promotion website at **www.usda.gov/cnpp**

Education Credits

Approval for 3 hours of Continuing Education Units have been requested for Registered Dietitians and Dietetic Technicians, Registered.

SHIRLEY WATKINS—UNDER SECRETARY FOR FOOD, NUTRITION AND CONSUMER SERVICES



Nominated by President Clinton as the first African American to serve as Under Secretary for Food, Nutrition and Consumer Services, Shirley Watkins was confirmed by the Senate in July of 1997. In this position, she provides policy and executive leadership for the Food and Nutrition Service (FNS) and also the Center for Nutrition Policy and Promotion (CNPP), and she oversees an annual budget of over \$35 billion. The 15 nutrition assistance programs administered by FNS accounts for over two-thirds of the USDA budget.

Center for Nutrition Policy and Promotion

The Center for Nutrition Policy and Promotion, an organization within the U.S. Department of Agriculture that reports to the Under Secretary for Food, Nutrition, and Consumer Services, is uniquely positioned to facilitate the analysis, understanding, and development of nutrition policy and nutrition promotion and education.

As the lead Federal department in human nutrition, USDA is charged with the goal of promoting a healthy and well-nourished population through research and nutrition education. The Center, established in 1994, serves as the focal point within USDA to improve the health of Americans by

developing and promoting dietary guidance that links scientific research to the nutritional needs of the consumer.

USDA Center for Nutrition Policy and Promotion

1120 20th Street, N.W.
Suite 200, North Lobby
Washington, DC 20036

Phone: (202) 418-2312

Fax: (202) 208-2322

Website: **www.usda.gov/cnpp**

NOTES

There will be a Panel Discussion with questions and answers following this morning's symposium. You may wish to use this space to write questions you plan to ask.

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